

Benefits Events Calendar

March - May 2010

Seminars are open to all City employees. Pre-register for new employee benefits orientation using the e-mail address provided. **If there is no registration information, registration is not required.** Questions - call Central Benefits **615-1340**.

March

Date	Event	Time	Location/Registration
03/23/10 Tuesday	Wellspring Family Services, EAP Why We Eat: The Emotional and Behavioral Aspects	12:00 p – 1:00 p	Seattle Municipal Tower, 1600 No registration required.
03/31/10 Wednesday	Free Blood Pressure Screening	10:30 a – 1:30 p	Seattle Municipal Tower, 4096 No registration required.

April

Date	Event	Time	Location/Registration
04/09/10 Friday	City Personnel Department Furlough Day City Personnel is closed	All Day	
04/13/10 Tuesday	Benefits Representative Advisory Group Meeting Monthly meeting (BRAG)	1:30 p– 3:30 p	Seattle Municipal Tower, 4050/4060
4/14/10 Wednesday	Quit Smoking: Individual Coaching Session Employee and adult dependents with City medical coverage.	7:30 a – 10:30 a	Seattle Municipal Tower, 4086 Schedule Appointment: 206-876-2249
04/14/10 Wednesday	New Employee Benefits Orientation (Health care benefits only)	9:00 a – 11:00 a	TBD Julie.hugill@seattle.gov
04/14/10 Wednesday	Wellspring Family Services, EAP Deskercising Throughout the Workday	12:00 p – 1:00 p	Seattle Municipal Tower, 4050/60 No registration required.
04/21/10 Wednesday	Quit Smoking: Individual Coaching Session Employee and adult dependents with City medical coverage	1:00 p – 4:00 p	Seattle Municipal Tower, 4086 Schedule Appointment: 206-876-2249
04/21/10 Wednesday	Deferred Compensation – Enrollment Prudential – Chad Kasper	12:00 – 12:45 p	Seattle Municipal Tower, 4080 No registration required.
04/27/10 Tuesday	Wellspring Family Services, EAP Deskercising Throughout the Workday	12:00 p – 1:00 p	Seattle Municipal Tower, 1600 No registration required.
04/28/10 Wednesday	New Employee Benefits Orientation (Health care benefits only)	9:00 a – 11:00 a	TBD Julie.hugill@seattle.gov
04/28/10 Wednesday	Free Blood Pressure Screening	10:30 a – 1:30 p	Seattle Municipal Tower, 4096 No registration required.

May

Date	Event	Time	Location/Registration
05/05/10 Wednesday	Wellspring Family Services EAP Making the Most of Your Memory	12:00 p – 1:00 p	Seattle Municipal Tower, 4050/60 No registration required.
05/11/10 Tuesday	Benefits Representative Advisory Group Meeting Monthly meeting (BRAG)	1:30 p– 3:30 p	Seattle Municipal Tower, 4050/4060
05/12/10 Wednesday	New Employee Benefits Orientation (Health care benefits only)	9:00 a – 11:00 a	TBD julie.hugill@seattle.gov
05/13/10 Thursday	Deferred Compensation – Enrollment Prudential – Chad Kasper	12:00 – 12:45 p	Seattle Municipal Tower, 4080 No registration required.
05/18/10 Tuesday	Wellspring Family Services, EAP Making the Most of Your Memory	12:00 p – 1:00 p	Seattle Municipal Tower, 4050/60 No registration required.
05/26/10 Wednesday	New Employee Benefits Orientation (Health care benefits only)	9:00 a – 11:00 a	TBD julie.hugill@seattle.gov
05/26/10 Wednesday	Free Blood Pressure Screening	10:30 a – 1:30 p	Seattle Municipal Tower, 4096 No registration required.

Benefit Forms and Information

Locate Benefits forms and plan information at:

<http://personnelweb/benefits/home.aspx>

Deferred Compensation

City of Seattle Voluntary Deferred Compensation Plan

Get your financial future in shape

For one-on-one consultations or group meetings

Call: Chad Kasper, Prudential Retirement Representative, at 206-447-1924

Chad's office is located in the SMT, Suite 4020

Ask about the *GoalMaker* program.

Retirement Readiness Workshop (target audience age 50+)

How can you be sure that you'll have the income stream you need when you retire?



Go to → <http://www3.prudential.com/signature/retirement.html>

Answer 5 essential questions toward Retirement Readiness to create your plan Follow the guidebook at

<http://www3.prudential.com/signature/media/pdf/five-steps.pdf>